

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Lysine (g) ; Protein (g)

Food Subset: Abridged List

Ordered by: Nutrient Content

Measured by: 100 g

Report Run at: July 12, 2016 06:32 EDT

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
14067	Beverages, Protein powder soy based	3,55	55,56
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	3,39	29,35
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	3,13	33,78
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3,13	29,96
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3,11	30,12
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	2,88	34,60
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	2,87	36,16
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2,84	33,59
01093	Milk, dry, nonfat, calcium reduced	2,82	35,50
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	2,80	33,68
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	2,80	30,18
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	2,73	29,45
15225	Fish, yellowtail, mixed species, cooked, dry heat	2,72	29,67
01094	Milk, buttermilk, dried	2,72	34,30
19408	Snacks, pork skins, barbecue-flavor	2,70	57,90
01035	Cheese, provolone	2,65	25,58
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	2,64	29,41
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	2,63	30,55
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	2,62	29,70
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	2,60	28,05
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	2,60	31,27
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	2,60	29,43
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	2,60	31,54
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	2,60	28,84
05664	Ground turkey, fat free, patties, broiled	2,59	28,99
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	2,59	28,21
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	2,59	31,47
01040	Cheese, swiss	2,58	26,96
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	2,58	30,70

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	2,57	27,87
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	2,56	28,82
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	2,56	30,29
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2,55	28,92
17341	Game meat, elk, round, separable lean only, cooked, broiled	2,53	30,94
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	2,52	27,23
23265	Beef, ribeye roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	2,52	22,89
15082	Fish, salmon, coho, wild, cooked, moist heat	2,51	27,36
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	2,50	30,32
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	2,48	27,83
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	2,47	26,64
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	2,47	30,20
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	2,46	26,16
01044	Cheese, pasteurized process, swiss	2,45	24,73
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	2,45	27,32
15219	Fish, trout, mixed species, cooked, dry heat	2,45	26,63
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	2,44	28,99
15124	Fish, tuna, white, canned in oil, drained solids	2,44	26,53
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	2,43	28,62
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	2,43	27,50
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	2,42	27,10
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	2,41	27,31
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	2,40	28,38
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	2,40	26,74
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	2,40	27,18
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	2,40	25,84
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	2,39	25,51
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	2,39	23,95
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	2,38	26,97
15211	Fish, salmon, chum, cooked, dry heat	2,37	25,82
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	2,37	26,80
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	2,36	26,75
15189	Fish, bluefish, cooked, dry heat	2,36	25,69
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	2,36	26,71
05190	Turkey, all classes, back, meat and skin, cooked, roasted	2,36	26,59
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	2,36	26,48

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	2.32	26.14
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	2.32	28.56
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	2.30	26.41
15241	Fish, trout, rainbow, farmed, cooked, dry heat	2.29	23.80
15032	Fish, grouper, mixed species, cooked, dry heat	2.28	24.84
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	2.28	25.58
15190	Fish, burbot, cooked, dry heat	2.27	24.76
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.27	25.75
15063	Fish, pike, northern, cooked, dry heat	2.27	24.69
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2.26	26.75
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.24	25.34
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	2.24	26.46
05220	Turkey, breast, from whole bird, meat only, roasted	2.22	30.13
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	2.22	26.97
15213	Fish, scup, cooked, dry heat	2.22	24.21
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	2.22	26.97
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	2.22	24.03
17331	Game meat, bison, ground, cooked, pan-broiled	2.20	23.77
01032	Cheese, parmesan, grated	2.20	28.42
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.20	24.91
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	2.19	24.78
15207	Fish, roe, mixed species, cooked, dry heat	2.18	28.62
15194	Fish, mahimahi, cooked, dry heat	2.18	23.72
17339	Game meat, elk, ground, cooked, pan-broiled	2.18	26.64
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	2.17	28.48
15111	Fish, swordfish, cooked, dry heat	2.17	23.45
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	2.16	27.27
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	2.16	26.11
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.16	24.41
01030	Cheese, muenster	2.14	23.41
15048	Fish, mackerel, jack, canned, drained solids	2.13	23.19
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	2.10	23.83
15017	Fish, cod, Atlantic, canned, solids and liquid	2.09	22.76
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	2.08	25.32
15199	Fish, lingcod, cooked, dry heat	2.08	22.64
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	2.07	23.28

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	2,07	24,46
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	2,06	23,11
15227	Crustaceans, crab, queen, cooked, moist heat	2,06	23,72
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2,06	23,27
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	2,04	23,06
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	2,04	22,88
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	2,02	21,10
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	2,01	23,79
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2,00	22,62
15260	Fish, salmon, pink, canned, drained solids	1,98	23,10
05039	Chicken, broilers or fryers, light meat, meat only, raw	1,97	23,20
15214	Fish, seatrout, mixed species, cooked, dry heat	1,97	21,46
05738	Turkey, drumstick, from whole bird, meat only, raw	1,95	23,66
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,94	19,46
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,93	21,82
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,92	20,36
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	1,92	24,88
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1,91	23,50
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	1,90	21,35
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	1,89	20,39
07926	Salami, Italian, pork	1,88	21,70
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1,87	22,18
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	1,87	20,16
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	1,87	22,27
05105	Chicken, broilers or fryers, wing, meat only, raw	1,87	21,97
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1,86	21,00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,85	22,28
01004	Cheese, blue	1,85	21,40
02024	Spices, mustard seed, ground	1,84	26,08
15005	Fish, bluefish, raw	1,84	20,04
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1,84	20,83
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	1,84	24,07
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	1,83	20,54
07921	Bacon and beef sticks	1,82	29,10
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1,82	20,65
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	1,82	19,78

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
10973	Pork, ground, 96% lean / 4% fat, raw	1,82	21,10
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	1,81	21,61
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	1,81	20,53
15261	Fish, tilapia, raw	1,81	20,08
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1,81	20,48
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1,81	20,46
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1,81	20,45
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	1,79	21,22
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	1,79	20,25
15031	Fish, grouper, mixed species, raw	1,78	19,38
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	1,78	22,84
15051	Fish, mackerel, spanish, raw	1,77	19,29
15058	Fish, ocean perch, Atlantic, cooked, dry heat	1,77	18,51
01007	Cheese, camembert	1,77	19,80
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,76	20,15
05152	Guinea hen, meat only, raw	1,75	20,64
15013	Fish, cisco, raw	1,74	18,99
15033	Fish, haddock, raw	1,74	16,32
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	1,74	19,11
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1,69	19,17
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1,69	19,10
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	1,68	20,37
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	1,68	19,18
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1,67	21,40
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1,66	18,85
05693	Chicken, broiler, rotisserie, BBQ, back meat only	1,66	21,85
05053	Chicken, broilers or fryers, back, meat only, raw	1,66	19,56
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	1,66	20,59
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	1,66	18,76
15039	Fish, herring, Atlantic, raw	1,65	17,96
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,64	19,37
12033	Seeds, sesame flour, low-fat	1,61	50,14
15134	Fish, wolffish, Atlantic, raw	1,61	17,50
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	1,59	17,19
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1,59	18,04
17278	Veal, shank (fore and hind), separable lean only, raw	1,59	19,28

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
17276	Veal, shank (fore and hind), separable lean and fat, raw	1,58	19,15
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	1,56	15,24
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	1,55	17,43
05160	Squab, (pigeon), meat and skin, raw	1,54	18,47
01167	Cheese, mexican, queso chihuahua	1,54	21,56
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1,52	17,19
01042	Cheese, pasteurized process, American, fortified with vitamin D	1,52	18,13
01048	Cheese spread, pasteurized process, American	1,51	16,41
15043	Fish, herring, Pacific, raw	1,51	16,39
15014	Fish, cisco, smoked	1,50	16,36
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50	17,01
16001	Beans, adzuki, mature seeds, raw	1,50	19,87
16014	Beans, black, mature seeds, raw	1,48	21,60
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	1,47	16,68
07955	Turkey sausage, fresh, raw	1,47	18,79
15057	Fish, ocean perch, Atlantic, raw	1,46	15,31
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1,46	16,48
17271	Veal, breast, whole, boneless, separable lean and fat, raw	1,44	17,47
16040	Beans, pink, mature seeds, raw	1,44	20,96
07929	Sausage, turkey, hot, smoked	1,42	15,05
15019	Fish, cod, Pacific, raw (may have been previously frozen)	1,40	15,27
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	1,39	19,61
21417	POPEYES, Mild Chicken Strips, analyzed 2006	1,36	19,20
01037	Cheese, ricotta, part skim milk	1,35	11,39
01036	Cheese, ricotta, whole milk	1,34	11,26
07933	Chicken breast, oven-roasted, fat-free, sliced	1,34	16,79
07925	Pastrami, beef, 98% fat-free	1,32	19,60
07001	Barbecue loaf, pork, beef	1,32	15,84
05020	Chicken, broilers or fryers, giblets, raw	1,30	17,88
15041	Fish, herring, Atlantic, pickled	1,30	14,19
01046	Cheese food, pasteurized process, American, vitamin D fortified	1,30	16,86
07931	Beerwurst, pork and beef	1,30	14,00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	1,28	18,56
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	1,27	15,08
07944	Turkey, white, rotisserie, deli cut	1,27	13,50
15028	Fish, flatfish (flounder and sole species), raw	1,27	12,41

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
21110	Fast foods, hamburger; double, regular, patty; plain	1,23	17,08
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	1,22	29,84
01019	Cheese, feta	1,22	14,21
12022	Seeds, safflower seed meal, partially defatted	1,18	35,62
07965	Pork sausage, link/patty, reduced fat, unprepared	1,17	16,75
07917	Sausage, pork and beef, with cheddar cheese, smoked	1,16	12,89
07911	Liverwurst spread	1,16	12,38
07939	Frankfurter, pork	1,12	12,81
15166	Mollusks, octopus, common, raw	1,11	14,91
07913	Salami, pork, beef, less sodium	1,11	15,01
05048	Chicken, broilers or fryers, back, meat and skin, raw	1,10	14,05
07924	Bratwurst, pork, beef and turkey, lite, smoked	1,09	14,45
07928	Sausage, chicken, beef, pork, skinless, smoked	1,09	13,60
01029	Cheese, mozzarella, low moisture, part-skim	1,03	23,75
01127	Egg, yolk, raw, frozen, sugared, pasteurized	1,03	13,87
02005	Spices, caraway seed	1,03	19,77
01115	Whey, sweet, dried	1,03	12,93
01009	Cheese, cheddar	1,02	22,87
07937	Bologna, pork, turkey and beef	1,02	11,56
01016	Cheese, cottage, lowfat, 1% milkfat	1,00	12,39
01128	Egg, whole, cooked, fried	0,99	13,61
12013	Seeds, lotus seeds, dried	0,98	15,41
16394	Peanuts, valencia, oil-roasted, without salt	0,97	27,04
01026	Cheese, mozzarella, whole milk	0,96	22,17
07950	Frankfurter, meat	0,96	10,26
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	0,95	12,14
07967	Pork sausage, link/patty, fully cooked, unheated	0,94	13,46
01012	Cheese, cottage, creamed, large or small curd	0,93	11,12
07957	Pork and turkey sausage, pre-cooked	0,91	12,05
01123	Egg, whole, raw, fresh	0,91	12,56
01131	Egg, whole, cooked, poached	0,91	12,51
07014	Braunschweiger (a liver sausage), pork	0,91	14,50
15164	Mollusks, mussel, blue, raw	0,89	11,90
16426	Tofu, raw, firm, prepared with calcium sulfate	0,88	17,27
01015	Cheese, cottage, lowfat, 2% milkfat	0,88	10,45
01031	Cheese, neufchatel	0,88	9,15

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0,87	10,34
01013	Cheese, cottage, creamed, with fruit	0,86	10,69
16390	Peanuts, all types, dry-roasted, without salt	0,85	24,35
12038	Seeds, sunflower seed kernels, oil roasted, without salt	0,82	20,06
01124	Egg, white, raw, fresh	0,81	10,90
06128	Soup, chicken noodle, dry, mix	0,80	15,42
07914	Sausage, Italian, sweet, links	0,80	16,13
21006	Fast foods, biscuit with egg and steak	0,80	12,12
11634	Peppers, sweet, green, freeze-dried	0,80	17,90
01161	Cheese substitute, mozzarella	0,79	11,47
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0,78	20,04
11450	Soybeans, green, raw	0,78	12,95
17270	Veal, breast, separable fat, cooked	0,78	9,40
12084	Nuts, butternuts, dried	0,77	24,90
01130	Egg, whole, cooked, omelet	0,77	10,57
07971	Bologna, meat and poultry	0,76	10,34
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0,76	11,42
11451	Soybeans, green, cooked, boiled, drained, without salt	0,74	12,35
12039	Seeds, sunflower seed kernels, toasted, without salt	0,71	17,21
15171	Mollusks, oyster, Pacific, raw	0,71	9,45
11211	Edamame, frozen, unprepared	0,70	11,22
02015	Spices, curry powder	0,70	14,29
18224	Crackers, rusk toast	0,68	13,50
21003	Fast foods, biscuit, with egg and bacon	0,68	11,33
19031	Snacks, oriental mix, rice-based	0,68	17,31
07936	Bologna, pork and turkey, lite	0,66	13,06
08037	Cereals ready-to-eat, granola, homemade	0,63	13,67
01095	Milk, canned, condensed, sweetened	0,63	7,91
12695	Nuts, almond butter, plain, with salt added	0,61	20,96
21014	Fast foods, croissant, with egg, cheese, and sausage	0,61	12,09
21005	Fast Foods, biscuit, with egg and sausage	0,61	11,13
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0,60	7,55
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	0,59	8,87
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	0,58	14,20
15168	Mollusks, oyster, eastern, cooked, breaded and fried	0,58	8,77
01017	Cheese, cream	0,57	6,15

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
12063	Nuts, almonds, dry roasted, without salt added	0,56	20,96
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0,56	8,18
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0,56	8,49
17284	Lamb, Australian, imported, fresh, separable fat, raw	0,55	6,27
05674	Chicken, skin (drumsticks and thighs), raw	0,55	9,58
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0,54	6,81
01109	Milk, sheep, fluid	0,51	5,98
11039	Lima beans, immature seeds, frozen, baby, unprepared	0,50	7,59
18953	Bread, salvadorean sweet cheese (quesadilla salvadorena)	0,50	7,12
21002	Fast foods, biscuit, with egg	0,49	8,53
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0,49	8,47
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	0,48	7,00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0,47	5,25
16162	MORI-NU, Tofu, silken, firm	0,46	6,90
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0,46	8,34
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0,45	6,81
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0,44	6,65
18234	Crackers, wheat, sandwich, with peanut butter filling	0,44	13,50
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0,44	4,86
18245	Danish pastry, cheese	0,43	8,00
20409	Noodles, egg, dry, unenriched	0,43	14,16
11284	Onions, dehydrated flakes	0,43	8,95
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0,42	5,46
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0,42	6,40
16018	Beans, black turtle, mature seeds, canned	0,42	6,03
12120	Nuts, hazelnuts or filberts	0,42	14,95
18214	Crackers, cheese, regular	0,42	10,93
19052	Snacks, rice cakes, brown rice, buckwheat	0,41	9,00
01070	Dessert topping, powdered	0,39	4,90
20130	Barley flour or meal	0,39	10,50
15245	Mollusks, oyster, eastern, farmed, raw	0,39	5,22
06049	Soup, pea, green, canned, condensed	0,39	6,54
18927	Crackers, cheese, sandwich-type with cheese filling	0,39	8,92
11316	Peas, mature seeds, sprouted, raw	0,38	8,80
18295	Pancakes, buckwheat, dry mix, incomplete	0,38	10,90
02043	Spices, turmeric, ground	0,38	9,68

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
18088	Cake, angelfood, dry mix, prepared	0,38	6,10
18185	Cookies, peanut butter, commercially prepared, regular	0,38	8,92
21023	Fast foods, french toast with butter	0,38	7,66
19021	Snacks, granola bars, soft, uncoated, peanut butter	0,37	10,50
18043	Bread, protein (includes gluten)	0,37	12,10
18147	Cheesecake commercially prepared	0,37	5,50
18241	Croissants, cheese	0,37	9,20
18201	Cookies, peanut butter sandwich, special dietary	0,37	10,00
18385	Bread, wheat germ, toasted	0,37	10,70
18086	Cake, angelfood, commercially prepared	0,36	5,90
16009	Beans, baked, canned, with pork	0,36	5,19
18057	Bread, reduced-calorie, white	0,36	8,70
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0,36	3,98
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0,35	7,80
18190	Cookies, peanut butter sandwich, regular	0,35	8,80
18233	Crackers, wheat, sandwich, with cheese filling	0,34	9,80
18243	Croutons, seasoned	0,34	10,80
06015	Soup, chicken, canned, chunky, ready-to-serve	0,34	5,06
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	0,34	4,90
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	0,34	11,47
18221	Crackers, melba toast, rye (includes pumpernickel)	0,34	11,60
20095	Pasta, fresh-refrigerated, spinach, as purchased	0,34	11,26
18239	Croissants, butter	0,33	8,20
18030	Bread, french or vienna, toasted (includes sourdough)	0,33	13,00
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0,32	6,59
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	0,32	11,37
18240	Croissants, apple	0,32	7,40
11304	Peas, green, raw	0,32	5,42
18081	Bread stuffing, bread, dry mix	0,32	11,00
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	0,32	8,70
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0,31	3,96
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0,31	3,95
19414	Snacks, rice cakes, brown rice, multigrain	0,31	8,50
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0,31	3,93
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	0,31	4,62
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0,31	3,47

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	0,31	11,10
12108	Nuts, coconut meat, dried (desiccated), not sweetened	0,30	6,88
20120	Pasta, dry, enriched	0,30	13,04
20420	Pasta, dry, unenriched	0,30	13,04
18037	Bread, oat bran	0,30	10,40
18133	Cake, sponge, commercially prepared	0,30	5,40
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	0,30	6,70
18244	Danish pastry, cinnamon, enriched	0,30	7,00
18040	Bread, oatmeal, toasted	0,29	9,20
18230	Crackers, standard snack-type, sandwich, with cheese filling	0,29	9,30
19413	Snacks, rice cakes, brown rice, corn	0,29	8,40
18260	English muffins, mixed-grain (includes granola)	0,29	9,10
18007	Bagels, oat bran	0,29	10,70
18183	Cookies, oatmeal, refrigerated dough, baked	0,29	6,00
18154	Cookies, brownies, prepared from recipe	0,28	6,20
18157	Cookies, chocolate wafers	0,28	6,60
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	0,28	11,14
18084	Bread stuffing, cornbread, dry mix	0,28	10,00
18242	Croutons, plain	0,28	11,90
20090	Rice flour, brown	0,28	7,23
01056	Cream, sour, cultured	0,28	2,44
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0,27	3,02
11215	Garlic, raw	0,27	6,36
08106	Cereals, CREAM OF WHEAT, instant, dry	0,27	10,60
20105	Macaroni, vegetable, enriched, dry	0,27	13,14
08156	Cereals ready-to-eat, rice, puffed, fortified	0,27	6,30
18101	Cake, chocolate, prepared from recipe without frosting	0,27	5,30
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0,26	3,17
08100	Cereals, CREAM OF RICE, dry	0,26	6,30
20314	Corn grain, white	0,26	9,42
01078	Milk, producer, fluid, 3.7% milkfat	0,26	3,28
18051	Bread, reduced-calorie, oatmeal	0,26	7,60
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0,26	3,25
20444	Rice, white, long-grain, regular, raw, unenriched	0,26	7,13
01057	Eggnog	0,26	4,55
18182	Cookies, oatmeal, refrigerated dough	0,26	5,40

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
18184	Cookies, oatmeal, prepared from recipe, with raisins	0,26	6,50
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0,26	5,35
01054	Cream, whipped, cream topping, pressurized	0,25	3,20
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0,25	2,99
02045	Dill weed, fresh	0,25	3,46
18146	Cake, yellow, prepared from recipe without frosting	0,25	5,30
19058	Snacks, tortilla chips, ranch-flavor	0,25	7,19
18070	Bread, white, commercially prepared, toasted	0,24	9,00
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	0,24	6,08
18025	Bread, cracked-wheat	0,24	8,70
02010	Spices, cinnamon, ground	0,24	3,99
01110	Milk shakes, thick chocolate	0,24	3,05
02021	Spices, ginger, ground	0,24	8,98
18963	Garlic bread, frozen	0,24	8,36
19007	Snacks, corn-based, extruded, onion-flavor	0,24	7,70
11029	Beans, kidney, mature seeds, sprouted, raw	0,24	4,20
19913	Candies, NESTLE, BUTTERFINGER Crisp	0,24	6,67
18178	Cookies, oatmeal, commercially prepared, regular	0,24	6,20
18066	Bread, wheat bran	0,24	8,80
12114	Nuts, coconut meat, dried (desiccated), toasted	0,23	5,30
01055	Cream, sour, reduced fat, cultured	0,23	2,94
18060	Bread, rye	0,23	8,50
18304	Pie, banana cream, prepared from recipe	0,23	4,40
20083	Wheat flour, white, bread, enriched	0,23	11,98
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	0,23	8,41
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	0,23	5,50
20320	Cornmeal, whole-grain, white	0,23	8,12
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	0,23	10,33
20481	Wheat flour, white, all-purpose, unenriched	0,23	10,33
14632	Beverages, Meal supplement drink, canned, peanut flavor	0,22	3,50
05047	Chicken, broilers or fryers, separable fat, raw	0,22	3,73
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0,22	5,97
18032	Bread, irish soda, prepared from recipe	0,22	6,60
18041	Bread, pita, white, enriched	0,22	9,10
20317	Corn flour, yellow, masa, enriched	0,22	8,46
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0,22	3,35

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0,22	3,35
20116	Noodles, japanese, somen, dry	0,22	11,35
20093	Pasta, fresh-refrigerated, plain, as purchased	0,21	11,31
18010	Biscuits, plain or buttermilk, dry mix	0,21	8,00
06009	Soup, beef noodle, canned, condensed	0,21	3,85
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0,21	3,17
02042	Spices, thyme, dried	0,21	9,11
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0,21	6,66
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0,20	2,18
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0,20	3,61
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0,20	2,95
11300	Peas, edible-podded, raw	0,20	2,80
11302	Peas, edible-podded, frozen, unprepared	0,20	2,80
18186	Cookies, peanut butter, commercially prepared, soft-type	0,20	5,30
18940	Muffin, blueberry, commercially prepared, low-fat	0,20	4,23
19010	Snacks, crisped rice bar, chocolate chip	0,20	5,10
18163	Cookies, chocolate chip, refrigerated dough	0,20	3,98
11096	Broccoli raab, raw	0,20	3,17
18126	Cake, shortcake, biscuit-type, prepared from recipe	0,20	6,10
11191	Cowpeas (blackeyes), immature seeds, raw	0,19	2,95
18177	Cookies, molasses	0,19	5,60
18199	Cookies, chocolate sandwich, with creme filling, special dietary	0,19	4,50
11372	Potatoes, scalloped, home-prepared with butter	0,19	2,87
18232	Crackers, wheat, regular	0,19	7,30
21415	POPEYES, biscuit	0,19	6,00
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0,19	2,99
18200	Cookies, oatmeal, commercially prepared, special dietary	0,18	4,80
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0,18	3,09
18236	Cracker meal	0,18	9,30
18193	Cookies, shortbread, commercially prepared, pecan	0,18	4,90
11457	Spinach, raw	0,17	2,86
20648	Sorghum flour, whole-grain	0,17	8,43
11232	Jute, po�erb, cooked, boiled, drained, without salt	0,17	3,68
01052	Cream, fluid, light whipping	0,17	2,17
09173	Longans, dried	0,17	4,90
18105	Coffeecake, creme-filled with chocolate frosting	0,17	5,00

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
18009	Biscuits, plain or buttermilk, frozen, baked	0,17	6,20
04028	Salad dressing, mayonnaise, imitation, milk cream	0,17	2,10
11200	Yardlong bean, cooked, boiled, drained, without salt	0,17	2,53
18128	Cake, snack cakes, creme-filled, sponge	0,16	3,47
18112	Cake, pudding-type, german chocolate, dry mix	0,16	4,17
11574	Turnip greens, frozen, unprepared	0,16	2,47
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	0,16	3,63
11235	Kale, frozen, unprepared	0,16	2,66
11965	Cauliflower, green, raw	0,16	2,95
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0,16	3,10
12095	Nuts, chestnuts, chinese, boiled and steamed	0,16	2,88
18210	Cookies, vanilla sandwich with creme filling	0,16	4,50
11098	Brussels sprouts, raw	0,15	3,38
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0,15	2,55
20112	Noodles, egg, spinach, enriched, cooked	0,15	5,04
18954	Bread, pound cake type, pan de torta salvadoran	0,15	7,06
18095	Cake, cherry fudge with chocolate frosting	0,15	2,40
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0,15	2,05
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0,15	8,01
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0,15	3,13
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0,14	5,52
12097	Nuts, chestnuts, european, raw, unpeeled	0,14	2,42
18017	Biscuits, mixed grain, refrigerated dough	0,14	6,10
04016	Salad dressing, sesame seed dressing, regular	0,14	3,10
01076	Milk substitutes, fluid, with lauric acid oil	0,14	1,75
11092	Broccoli, frozen, chopped, unprepared	0,14	2,81
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0,14	2,95
18170	Cookies, fig bars	0,14	3,70
11356	Potatoes, Russet, flesh and skin, baked	0,14	2,63
20410	Noodles, egg, unenriched, cooked, without added salt	0,14	4,54
01049	Cream, fluid, half and half	0,14	3,13
11026	Bamboo shoots, raw	0,13	2,60
01050	Cream, fluid, light (coffee cream or table cream)	0,13	2,96
06017	Soup, chicken gumbo, canned, condensed	0,13	2,10
11459	Spinach, canned, regular pack, solids and liquids	0,13	2,11
11163	Collards, frozen, chopped, unprepared	0,13	2,69

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	0,13	2,42
01053	Cream, fluid, heavy whipping	0,12	2,84
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0,12	2,03
18319	Pie, fried pies, fruit	0,12	3,00
18308	Pie, cherry, commercially prepared	0,12	2,00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0,12	2,13
11012	Asparagus, cooked, boiled, drained	0,11	2,40
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0,11	6,10
11243	Mushrooms, portabella, grilled	0,11	3,28
11004	Amaranth leaves, cooked, boiled, drained, without salt	0,11	2,11
18196	Cookies, brownies, dry mix, sugar free	0,11	2,90
20143	Teff, cooked	0,11	3,87
11352	Potatoes, flesh and skin, raw	0,11	2,05
18202	Cookies, sugar wafer, with creme filling, sugar free	0,11	3,57
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	0,10	3,00
18209	Cookies, sugar wafers with creme filling, regular	0,10	3,84
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0,10	1,71
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0,10	1,71
18229	Crackers, standard snack-type, regular	0,10	6,64
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0,10	2,41
11015	Asparagus, canned, drained solids	0,10	2,14
11124	Carrots, raw	0,10	0,93
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0,10	2,69
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0,09	1,56
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0,09	1,56
18107	Coffeecake, cinnamon with crumb topping, dry mix	0,09	4,80
20106	Macaroni, vegetable, enriched, cooked	0,09	4,53
11105	Burdock root, cooked, boiled, drained, without salt	0,09	2,09
14218	Beverages, coffee, instant, decaffeinated, powder	0,09	11,60
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0,09	1,77
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0,09	2,08
20451	Rice, white, medium-grain, cooked, unenriched	0,09	2,38
11013	Asparagus, canned, regular pack, solids and liquids	0,08	1,80
18085	Bread stuffing, cornbread, dry mix, prepared	0,08	2,90
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0,08	2,01
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0,08	1,95

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0,08	1,00
01072	Dessert topping, pressurized	0,08	0,98
09060	Carambola, (starfruit), raw	0,08	1,04
20117	Noodles, japanese, somen, cooked	0,08	4,00
11569	Turnip greens, cooked, boiled, drained, without salt	0,07	1,14
04025	Salad dressing, mayonnaise, regular	0,07	0,96
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	0,07	1,10
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0,07	1,49
11119	Cabbage, chinese (pe-tsai), raw	0,07	1,20
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0,07	1,28
11128	Carrots, canned, regular pack, drained solids	0,07	0,64
11280	Okra, frozen, unprepared	0,07	1,69
01001	Butter, salted	0,07	0,85
11259	Mountain yam, hawaii, cooked, steamed, without salt	0,07	1,73
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0,07	5,10
09176	Mangos, raw	0,07	0,82
09205	Oranges, raw, with peel	0,07	1,30
11281	Okra, frozen, cooked, boiled, drained, without salt	0,07	1,63
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0,06	2,01
11428	Purslane, cooked, boiled, drained, without salt	0,06	1,49
11086	Beet greens, raw	0,06	2,20
11447	Sesbania flower, raw	0,06	1,28
11758	Carrots, canned, no salt added, solids and liquids	0,06	0,59
11213	Endive, raw	0,06	1,25
11647	Sweet potato, canned, syrup pack, drained solids	0,06	1,28
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0,06	2,40
18305	Pie, blueberry, commercially prepared	0,06	1,80
20134	Rice noodles, cooked	0,06	1,79
09148	Kiwifruit, green, raw	0,06	1,14
11567	Turnips, frozen, cooked, boiled, drained, without salt	0,06	1,53
09277	Plantains, raw	0,06	1,30
11553	Tomato products, canned, sauce, with onions	0,06	1,56
11080	Beets, raw	0,06	1,61
11216	Ginger root, raw	0,06	1,82
11481	Squash, summer, zucchini, italian style, canned	0,06	1,03
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0,06	1,48

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
11868	Squash, winter, hubbard, baked, with salt	0,06	2,48
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0,06	1,48
09201	Oranges, raw, California, valencias	0,05	1,04
11258	Mountain yam, hawaii, raw	0,05	1,34
12116	Nuts, coconut cream, canned, sweetened	0,05	1,17
18166	Cookies, chocolate sandwich, with creme filling, regular	0,05	5,21
11888	Tomato products, canned, puree, with salt added	0,05	1,65
11547	Tomato products, canned, puree, without salt added	0,05	1,65
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0,05	1,84
04018	Salad dressing, mayonnaise type, regular, with salt	0,04	0,65
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0,04	1,23
11289	Onions, frozen, whole, unprepared	0,04	0,89
18944	Pie, Dutch Apple, Commercially Prepared	0,04	2,17
11130	Carrots, frozen, unprepared	0,04	0,78
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0,04	0,81
09164	Litchis, raw	0,04	0,83
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0,04	1,23
11282	Onions, raw	0,04	1,10
11287	Onions, frozen, chopped, unprepared	0,04	0,79
11559	Tomato products, canned, sauce, with tomato tidbits	0,04	1,32
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0,04	0,90
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0,04	0,53
09059	Breadfruit, raw	0,04	1,07
09278	Plantains, cooked	0,04	0,79
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0,04	0,77
11151	Chicory, witloof, raw	0,04	0,90
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0,04	1,14
11533	Tomatoes, red, ripe, canned, stewed	0,04	0,91
04022	Salad dressing, russian dressing, low calorie	0,03	0,50
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0,03	0,71
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0,03	1,71
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0,03	1,71
09263	Persimmons, japanese, raw	0,03	0,58
11294	Onions, sweet, raw	0,03	0,80
11429	Radishes, raw	0,03	0,68
11486	Squash, winter, butternut, cooked, baked, without salt	0,03	0,90

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
09070	Cherries, sweet, raw	0,03	1,06
09193	Olives, ripe, canned (small-extra large)	0,03	0,84
09218	Tangerines, (mandarin oranges), raw	0,03	0,81
09260	Pears, dried, sulfured, stewed, without added sugar	0,03	0,91
11144	Celery, cooked, boiled, drained, without salt	0,03	0,83
06410	Soup, cream of celery, canned, prepared with equal volume water	0,03	0,68
09089	Figs, raw	0,03	0,75
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0,03	0,94
21416	POPEYES, Coleslaw	0,03	0,98
06043	Soup, cream of mushroom, canned, condensed	0,03	1,35
09033	Apricots, dried, sulfured, stewed, without added sugar	0,03	1,20
11082	Beets, canned, regular pack, solids and liquids	0,03	0,73
11578	Vegetable juice cocktail, canned	0,03	0,93
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0,03	0,79
11886	Tomato juice, canned, without salt added	0,03	0,85
09226	Papayas, raw	0,02	0,47
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0,02	0,67
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0,02	0,67
11218	Gourd, white-flowered (calabash), raw	0,02	0,62
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0,02	0,68
09211	Orange juice, chilled, includes from concentrate, with added calcium	0,02	0,68
09112	Grapefruit, raw, pink and red, all areas	0,02	0,77
09014	Apples, frozen, unsweetened, unheated	0,02	0,28
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0,02	0,70
09252	Pears, raw	0,02	0,36
09090	Figs, canned, water pack, solids and liquids	0,02	0,40
09118	Grapefruit, raw, white, Florida	0,02	0,63
09160	Lime juice, raw	0,02	0,42
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0,02	0,47
09119	Grapefruit, sections, canned, water pack, solids and liquids	0,01	0,58
09131	Grapes, american type (slip skin), raw	0,01	0,63
09237	Peaches, canned, water pack, solids and liquids	0,01	0,44
09240	Peaches, canned, light syrup pack, solids and liquids	0,01	0,45
14054	Beverages, almond milk, chocolate, ready-to-drink	0,01	0,63
09004	Apples, raw, without skin	0,01	0,27
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0,01	0,16

NDB_No	Description	Lysine(g) Value Per	Protein(g) Value Per
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0,01	0,50
09055	Blueberries, frozen, sweetened	0,01	0,40
09256	Pears, canned, light syrup pack, solids and liquids	0,01	0,19
19710	Puddings, vanilla, dry mix, regular, with added oil	0,01	0,30
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0,00	0,40
19709	Puddings, tapioca, dry mix, with no added salt	0,00	0,10
19706	Puddings, banana, dry mix, regular, with added oil	0,00	0,00
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0,00	0,10
04001	Fat, beef tallow	--	0,00
04023	Salad dressing, thousand island dressing, reduced fat	0,00	0,83
04027	Salad dressing, mayonnaise, imitation, soybean	0,00	0,30
04053	Oil, olive, salad or cooking	--	0,00
04058	Oil, sesame, salad or cooking	--	0,00
04133	Salad dressing, french, home recipe	0,00	0,10
04501	Oil, cocoa butter	--	0,00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	--	0,00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	--	0,00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	--	0,00
14121	Beverages, carbonated, club soda	--	0,00